



Dundee Middle & High School September Breakfast Menu

A full student breakfast includes a choice of entrée supplying protein and/or grain, choice of up to 2 fruit side dish (minimum of 1/2 cup), and a choice of milk. Fruit sides are included in each meal at our "Extra Extra Bar", up to one cup per meal. Please contact us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 Scramble Egg Pizza Cheerios, Mini Blueberry Pancakes Rainbow Yogurt <i>Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit</i> FF Chocolate Milk, 1% White Milk	6 Egg & Cheese Bagel, WG French Toast Sticks, Cinnamon Roll Smoothie, Shredded mini wheats <i>Sides: Graham Crackers, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit</i> FF Chocolate Milk, 1% White Milk	7 Mexi Breakfast Wrap, Cornflakes, Blueberry Bash Waffles, Yogurt <i>Sides: Graham Crackers, Chilled fruit, Fresh Fruit, String Cheese</i> FF Chocolate Milk, 1% White Milk	8 Sausage & Cheese English Muffin, Cheerios, Smoothie, Cinnamon Cream Cheese Bagel <i>Sides: Graham Crackers, Chilled Fruit, Whole Fruit, 100% Fruit Juice</i> FF Chocolate Milk, 1% White Milk
11 Turkey Ham & Egg Burrito, WG French Toast, Cheerios, Cornflakes <i>Sides: Graham Crackers, Chilled Fruit, Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	12 Turkey Sausage, Egg & Ch Bagel, Smoothie, Strawberry Bagel, Shredded Mini Wheats <i>Graham Crackers, Chilled Fruit, Fresh Fruit, 100% Fruit Juice</i> FF Chocolate Milk, 1% White Milk	13 Egg & Cheese Bagel, WG Blueberry Pancake, Yogurt, RS Apple Jacks <i>Bunny Grahams, Chilled Fruit, Fresh Fruit, Sweet Raisins</i> FF Chocolate Milk, 1% White Milk	14 Sausage & Cheese English Muffin, Yogurt, Cheerios, WG Waffles <i>WG Blueberry Muffin, Chilled Fruit, Fresh Fruit, 100% Fruit Juice</i> FF Chocolate Milk, 1% White Milk	15 Turkey Sausage Pancake on a stick, Cherry Frudel, RS Apple Jacks Cereal <i>Graham Crackers, Chilled Fruit, Fresh Fruit, Sweet Raisins</i> FF Chocolate Milk, 1% White Milk
18 Egg & Ch Burrito, Blueberry Bash Waffles, Cheerios, Smoothie <i>Sides: WG Cinnamon Toast, Fresh Grapes, Sweet Raisins, Graham Crackers</i> FF Chocolate Milk, 1% White Milk	19 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Mini Blueberry Pancakes, Cornflakes <i>Graham Crackers, 100% Fruit Juice, Orange Wedges, LF String Cheese</i> FF Chocolate Milk, 1% White Milk	20 Sausage & Cheese English Muffin, WG Berry Mini French Toast, Yogurt <i>Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins</i> FF Chocolate Milk, 1% White Milk	21 Egg & Cheese Bagel, Scramble Egg Pizza, Apple Pie Smoothie, RS Cereal <i>Bunny Grahams, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit</i> FF Chocolate Milk, 1% White Milk	22 Turkey Ham, Egg & Cheese Burrito, Mini Pancakes, Strawberry Bagel, Cheerios <i>Assorted Chilled Fruit, Fresh Whole Fruit, LF String Cheese</i> FF Chocolate Milk, 1% White Milk
25 Sausage, Egg & Cheese Burrito, WG French Toast, Cinnamon Bagel, Cereal <i>Sides: Graham Crackers, Chilled Fruit, Whole Fruit</i> FF Chocolate Milk, 1% White Milk	26 Breakfast Sausage Pizza, Yogurt, CornFlakes, Mini Blueberry Pancakes <i>Bunny Grahams, String Cheese, 100% Fruit Juice, Fresh Whole Fruit</i> FF Chocolate Milk, 1% White Milk	27 Egg & Cheese Bagel, RS Apple Jacks, Turkey Sausage Pancake stick, Cherry Frudel <i>WG Cinnamon Toast, Chilled fruit, Fresh Whole Fruit</i> FF Chocolate Milk, 1% White Milk	28 Strawberry Cream cheese Bagel, Mexi-Breakfast Wrap, Scramble Egg Pizza, Cornflakes <i>WG Apple Cinnamon Muffin, 100% Fruit Juice, Fresh Whole Fruit</i> FF Chocolate Milk, 1% White Milk	29 Sausage & Cheese English Muffin, Yogurt, Shredded Mini Wheats, EGG & Cheese Muffin <i>Graham Crackers, Chilled Fruit, Fresh Fruit</i> FF Chocolate Milk, 1% White Milk

USDA is an equal opportunity provider and employer.

School Foodservice Information:

Breakfast Price: \$1.30 paid, \$.30 reduced, free (if qualified) \$1.65 Adult

No advance registration necessary! All students are welcome every day!

Shelly Farris, Director of Dining Services

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Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce